



Crockett County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since 2007 in the Crockett County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Crockett County School System that includes:

- School Health Advisory Committee
- Five Healthy School Teams
- School Health Staff Coordinating Council
- School Nutrition Policy
- Wellness Policy
- Tobacco Policy
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$312,191.74.

Community partnerships have been formed in the Crockett County School System to address school health issues. They include:

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| ➤ Crockett County UT Extension | ➤ Tennessee Technology Center at Ripley Alamo Campus |
| ➤ Health Department | ➤ TNCEP Coalition |
| ➤ Sheriffs Department | ➤ CareAll |
| ➤ 4-H | ➤ West Tennessee Legal Services |
| ➤ Community Advisory Board | ➤ WBBJ-TV Channel 7 |
| ➤ Family Resource Center | ➤ Crockett Times |
| ➤ Juvenile Services | ➤ Crockett Rocket |
| ➤ UT Alumni Association | ➤ Telemon Migrant Headstart |
| ➤ Chamber of Commerce | ➤ Women's Rape Assistance Program (WRAP) |
| ➤ NAACP | ➤ Carl Perkins Center |
| ➤ Food Bank | ➤ The Jason Foundation |
| ➤ Northwest TN Headstart | ➤ TNDent |
| ➤ LeBonhuer Community Health and Wellbeing | ➤ Crockett Co. Government |
| ➤ Right Choices of West Tennessee | ➤ Crockett Co. Higher Education Center |
| ➤ Dyersburg Pediatric Dentistry, Dr. Chuck Hughes | ➤ Bancorp South Bank |
| ➤ Lifetime Family Eyecare | ➤ Northwest TN Economic Development |
| ➤ Lens crafters | |

- Pathways Behavioral Health Services
- TN Department of Health
- Alamo City Fire Department
- Maury City Fire Department
- New First Baptist Church Maury City
- Archer's Chapel United Methodist Church
- Student's Against Destructive Decisions (SADD)
- Health Occupations Students of America (HOSA)
- Future Business Leaders of America (FBLA)
- Crockett Co. Pre-k Advisory Council
- Red Robbins
- Maury City Church of Christ, Steven Sutton, Pastor
- Professional Touch Salon
- Tennessee Public Health Association (TPHA)
- Rural Health Association of Tennessee (RHAT)
- Tennessee Association of Physical Ed., Health, Recreation and Dance (TAPHERD)
- TN Highway Patrol
- Tennessee School Health Coalition
- Faith Health Clinic

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include Healthy School Teams, School Health Advisory Council, Family Fun Day, Back to School Bash, Back to School Blast, school level family nights, Field Days, Tough Man 5k, elementary level physical education assembly's, Water/Physical Activity Day, and Poverty Simulation. 2,779 parents have collaborated with CSH.

Students have been engaged in CSH activities. These activities include Healthy School Teams, Back to School Blast, Back to School Bash, Think Pink Luncheon, health screenings, health fairs, Tough Man 5k, Family Fun Day, Amazing Ag Day, Go Girl Go, Middle School Level Student vs. Staff Kickball/Volleyball Games, Risque Business Paly, Walk to Cure Diabetes, Beta Club Walk-A-Thon. Approximately 2,275 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Crockett County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care Providers – 3,029 screened and 1,116 referred, 2007-2008: 702 students screened and 135 student referrals / Total: 2,706 screenings, 2008-2009: 734 students screened and 210 student referrals / Total: 2,469 screenings, 2009-2010: 791 students screened and 267 student referrals / Total: 2,541 screening, 2010-2011: 802 students screened and 454 student referrals / Total: 2,848 screenings;

Students have been seen by a school nurse and returned to class this year. In 2007-2008, 1,080 student visits to the nurse, 710 students returned to class after seeing the nurse, 66% of students who saw the nurse returned to class, 2008-2009 900 student visits to the nurse 450 students returned to class 50% of students who saw the nurse, returned to class, 2009-2010 1,000 student visits to the nurse 850 students returned to class 85%, 2010-2011 1,260 student visits to the nurse 1,160 students returned to class 92% of students who saw the nurse, returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in the Crockett County School System. 2007-2008 Underweight: 3.6% Normal BMI: 53% Overweight: 18 % Obese: 25%, 2008-2009 Underweight: 4% Normal BMI: 62% Overweight: 12.6% Obese: 21%, 2009-2010 Underweight: 3% Normal BMI: 56% Overweight: 16% Obese: 25%, 2010-2011 BMI Data Underweight: 2% Normal BMI: 54% Overweight: 20% Obese: 25%;

Many items have been purchased with CSH funds to enhance school health efforts. They include walking trail, staff fitness rooms/equipment at all 5 schools, CATCH curriculum, physical education equipment and health curriculum and health screening equipment and forms;

Professional development has been provided to school health staff. Examples include mental health 101, suicide prevention, TAPHERD, Take 10! training, Michigan Model health education curriculum, LeBonhuer School Linked Clinic Training, TN Public Health Association, obesity prevention and CSH overview;

School faculty and staff have received support for their own well-being through Scale Down Fitness Program, Walk Across Tennessee, Zumba classes, Go for 8 fitness program, spa days at school and staff exercise rooms/equipment in each building.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model health education curriculum, Fresh Fruits and Vegetables Grant, Food and Youth Initiative, Power U nutrition education, poverty simulation training, suicide prevention and Random Acts of Kindness;
- Physical Education/Physical Activity Interventions – Take 10! and Catch curriculum, elementary physical education assembly's, middle school Physical Activity Days, Walk Across TN, and Blue Cross/Blue Shield Walking Works for Schools;
- Nutrition Interventions – Registered Dietitian contracted, nutrition consultations, Fresh Fruits and Vegetables grant, universal breakfast program/breakfast in the classroom;
- Mental Health/Behavioral Health Interventions – mental health team formed, mental health 101, Pathways Behavioral Health Counselors, school psychiatrist hired, added a third school counselor (1/2 time) at the high school level, elementary school positive behavior program adapted.

Additional activities include school linked health clinic (LeBonhuer), all schools in compliance with the 90 Minutes of Physical Activity Law, secured \$119, 574.90 in grant/in-kind funding to expand capacity to address health issues this year (2010-2011), free eye exams and glasses for students, free dental exams and education for students, Michigan Model curriculum implemented in five schools, hand sanitizer dispensers installed in all classrooms, AED

defibrators purchased for all five schools. A total of 28 school health interventions have been implemented.

In such a short time, CSH in the Crockett County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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